



Moccasin Trail

TSÍOTHÓHRKÓ:WA/JANUARY 2021

Points of Interest:

- Coloring Contest draw winners
- Deck the Door contest
- Letter of Appreciation
- Akwesasne Scam Callers
- COVID-19 Vaccine Fraud
- January Craft Kits
- Martin Luther King Jr Article
- Horoscopes

We Finally Have a **facebook** Page!

Yes, it's true! We will be giving updates on our programs and services on our Facebook page "Office for the Aging Saint Regis Mohawk Senior Center". We will be posting the lunch menu every day, our Coloring Contest monthly winners, Craft Kits, and much more! We are excited to have an easier way to communicate with you all! Just search and "Like" our page.

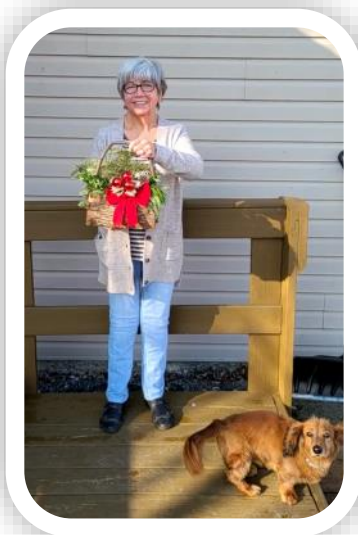


2021
OHSERÁ:SE
"Happy New Year"

The Building is CLOSED to the Public until Further Notice

Coloring Contest

Catherine Cook and Florence Cook won the participation draw for the Month's of November and December. They both won festive centerpieces for their tables. The next draw will be February for whoever participates in the January and February contest. The winners of the December Coloring Contest were Beatrice White, Catherine Cook and Larry David. The three of them win a free lunch from a local restaurant on us. The January Coloring Contest will begin on Tuesday, Jan. 5th and end Wednesday, Jan. 13th at 12:00 pm. You can pickup at the Senior Center if you don't receive one with Home Delivered Meals.



Barbara Lazore



Sally Hamelin



Elaine Cook



Iris Herne



Dorothy Cole



Catherine Cook



Mark Jacobs



The winners were chosen by our staff votes. The winners of our Deck the Door contest are: Most Traditional— Catherine Cook, Most Creative— Barbara Lazore, Most Festive— Mark Jacobs. Thank you for all of our beautiful submissions. We hope it got you all in the Christmas spirit.



Letter of Appreciation



December 22, 2020

Shekon LoraLee & Staff,

Writing you a few words, in appreciation for all that you have done, and are still doing for us Elders.

We are living in a very difficult time, but your efforts have made my life less stressful.

The Parking Lot Bingo, that you held for us, with the assistance of CKON's Reen and her staff, was one of the highlights of the summer. Even though Joy did not hesitate to tell me to get back in my vehicle, when I ventured out of it. The ladies in the neighboring vehicles had a good laugh. LOL!!!

Presently, you implemented the Grab-n-Go Lunches program, great idea, the Cook's serve good balanced meals.

The Craft Kits, which Katie and Joy prepared for us to do at home, helped pass the time.

We are all so fortunate, that Elders, some no longer with us, took the initiative to start the Senior Center. And thanks to Ben Kelly Sr. for coming into my office and demanding, for the Tribe to help with building our new Senior Center.

I enjoyed stopping in for lunch and visiting with everyone. But this Covid virus put a stop to the gatherings.

Sometimes, we don't appreciate something, until we no longer, are able to do it.

I miss seeing the Ladies and Gentlemen at the Center. Also, of course the Monday Bingo.

Again, thank you all, so much for your efforts to make life better for us.

HAVE A MERRY CHRISTMAS AND HOPEFULLY, A WONDERFUL NEW YEAR.

Barbara A. Lazore



Senior Club Membership Renewal



Please mail your membership fee of \$5.00 American to the Saint Regis Mohawk Senior Club:

**P.O. Box 1106
Hogansburg, NY
13655**

*If you have any
questions, please
call Karen White
at 518-319-5267*

2021

Tsiothohrko:wa/January 2021

| <i>Kiokierénhton</i> | <i>Tekeníhaton</i> | <i>Ahsénhaton</i> | <i>Kaieríhaton</i> | <i>Wískhaton</i> |
|---|--|---|--|--|
|  <p>Call the Center if you will not be home for your Home Delivered Meal at 518-358-2963</p> <p>Menu is subject to change do to the availability of produce</p> | | | | 1 CLOSED  |
| 4 Hamburger with the works Sweet Potatoes Parsley Carrots Vanilla Pudding | 5 Tomato Mac Soup Ham Sandwich Mix Berries | 6 Shake-n-Bake Pork Chops Rice Pilaf Roll Peaches | 7 Chicken Tenders Fries Broccoli Jello | 8 Baked Fish Boiled Potato Corn Ambrosia |
| 11 BBQ Ribs Potato Salad Pears | 12 Chicken Noodle Soup Biscuit Chocolate Pudding | 13 Fish on a Bun Coleslaw Sweet Potato Fries Cookie | 14 Chicken Parmesan Garlic Bread Fruit Cocktail | 15 Chef Salad Cheese Bread Sticks Fresh Fruit |
| 18 CLOSED  | 19 Beef Barley Soup Turkey Sandwich Mandarin Oranges | 20 Pancakes Sausage Links Scrambled Eggs Hash Browns Orange Juice & Melon Cup | 21 Chili Johnny Cake Applesauce | 22 CLOSED Planning Day  |
| 25 Spaghetti with Sausage Italian Bread Tapioca Pudding | 26 Chicken Cordon Bleu Mixed Veggies Roll Cookie | 27 Bacon Wrapped Pork Loin Broccoli & Cauliflower Roll German Apple Cake  | 28 Salisbury Steak Rice Mixed Veggies Roll Peaches | 29 Corn Soup Biscuit Apple Crisp |



12 Days of Christmas



The Senior Center Staff all decided to play Secret Santa for 12 days of Christmas. We drew names and had one person each to leave gifts for every day. It got difficult quick trying to be stealthy and leave gifts in each other's offices without being seen! The last day was Wednesday, December 23rd and we guessed who got who. Everyone basically knew who their Secret Santa was by the gift trail. It was a nice surprise getting a gift everyday, it was a great way to get us in the holiday spirit.



Akwesasne Scam Callers



Here are 5 ways to prevent phone scams (and what to do if you get scammed)

1. If a scam caller is asking for personal information, ask for their company's name. Tell them you will be hanging up with them and calling the company to verify the call. Scammers DO NOT want you to contact the REAL company. Search the company to find the real phone number. They may have already listed about a potential scam.
2. "You're going to lose your Social Security benefits!" Social Security will NEVER call you and ask for your Social Security number or threaten your benefits.
3. I accidentally gave them my personal information! Contact the national credit bureaus to request fraud alerts, credit freezes (also known as security freezes), and opt outs from pre-screened credit offers.

Report it to:

Equifax: [Equifax.com/personal/credit-report-services](https://www.equifax.com/personal/credit-report-services) 800-685-1111

Experian: [Experian.com/help](https://www.experian.com/help) 888-Experian (888-397-3742)

Transunion: [TransUnion.com/credit-help](https://www.transunion.com/credit-help) 888-909-8872

4. This is all too confusing for me, I was just scammed! You can receive assistance from law enforcement. They will guide you through protecting your information.
5. You worked too hard for your benefits, it's time to relax and enjoy life. Scammers back off after knowing they can't deceive you.

For more information or any questions, please call:

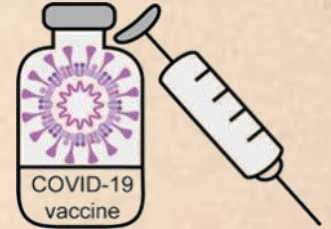
Helen Gray
Elder Abuse Prevention Coordinator
Saint Regis Mohawk Tribe Office for the Aging
(518)358-2963 extension 3312



COVID-19 Vaccine Fraud

Though we've only seen one COVID-19 vaccine scam in SIRS at this point, we know that this type of fraud will move very quickly, very soon, and will take many forms. Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the pending COVID-19 vaccine to prey on unsuspecting beneficiaries. Here is some information on how you can protect yourself:

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.



If you have been contacted in any way concerning a vaccine scam please contact LoraLee LaFrance at the Senior Center so that we can report it.

JANUARY CRAFT KITS

Let's start the New year with a perfect little wall hanging or doorknob hanger! The smell of fresh Pine sprigs and cones arranged with potpourri to carry you into spring. Depending on which kit you choose, they will have everything you need to get creative and as always feel free to add to it with your own materials or ideas. Order your kit, today while supplies last by calling Katie or Joy in the Activity Department at (518)358-2963.





Things You May Not Know About Martin Luther King Jr.



1. King's birth name was Michael, not Martin.

The civil rights leader was born Michael King Jr. on January 15, 1929. In 1934, however, his father, a pastor at Atlanta's Ebenezer Baptist Church, traveled to Germany and became inspired by the Protestant Reformation leader Martin Luther. As a result, King Sr. changed his own name as well as that of his 5-year-old son.

2. King entered college at the age of 15.

King was such a gifted student that he skipped grades nine and 12 before enrolling in 1944 at Morehouse College, the alma mater of his father and maternal grandfather. Although he was the son, grandson and great-grandson of Baptist ministers, King did not intend to follow the family vocation until Morehouse president Benjamin E. Mays, a noted theologian, convinced him otherwise. King was ordained before graduating college with a degree in sociology.

3. King received his doctorate in systematic theology.

After earning a divinity degree from Pennsylvania's Crozer Theological Seminary, King attended graduate school at Boston University, where he received his Ph.D. degree in 1955. The title of his dissertation was "A Comparison of the Conceptions of God in the Thinking of Paul Tillich and Henry Nelson Wieman."

4. King's 'I Have a Dream' speech was not his first at the Lincoln Memorial.

Six years before his iconic oration at the March on Washington, King was among the civil rights leaders who spoke in the shadow of the Great Emancipator during the Prayer Pilgrimage for Freedom on May 17, 1957. Before a crowd estimated at between 15,000 and 30,000, King delivered his first national address on the topic of voting rights. His speech, in which he urged America to "give us the ballot," drew strong reviews and positioned him at the forefront of the civil rights leadership.

5. King was imprisoned nearly 30 times.

According to the King Center, the civil rights leader went to jail 29 times. He was arrested for acts of civil disobedience and on trumped-up charges, such as when he was jailed in Montgomery, Alabama, in 1956 for driving 30 miles per hour in a 25-mile-per-hour zone.

6. King narrowly escaped an assassination attempt a decade before his death.

On September 20, 1958, King was in Harlem signing copies of his new book, "Stride Toward Freedom," in Blumstein's department store when he was approached by Izola Ware Curry. The woman asked if he was Martin Luther King Jr. After he said yes, Curry said, "I've been looking for you for five years," and she plunged a seven-inch letter opener into his chest....

The tip of the blade came to rest alongside his aorta, and King underwent hours of delicate emergency surgery. Surgeons later told King that just one sneeze could have punctured the aorta and killed him. From his hospital bed where he convalesced for weeks, King issued a statement affirming his nonviolent principles and saying he felt no ill will toward his mentally ill attacker.

7. King's last public speech foretold his death.

King had come to Memphis in April 1968 to support the strike of the city's black garbage workers, and in a speech on the night before his assassination, he told an audience at Mason Temple Church: "Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now ... I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land. And I'm happy tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord."

8. Members of King's family did not believe James Earl Ray acted alone.

Ray, a career criminal, pled guilty to King's assassination but later recanted. King's son Dexter met publicly with Ray in 1997 and argued for the case to be reopened. King's widow, Coretta, believed the Mafia and local, state and federal government agencies were deeply involved in the murder. She praised the result of a 1999 civil trial in which a Memphis jury decided the assassination was the result of a conspiracy and that Ray was set up to take the blame. A U.S. Department of Justice investigation released in 2000 reported no evidence of a conspiracy.

9. King's mother was also slain by a bullet.

On June 30, 1974, as 69-year-old Alberta Williams King played the organ at a Sunday service inside Ebenezer Baptist Church, Marcus Wayne Chenault Jr. rose from the front pew, drew two pistols and began to fire shots. One of the bullets struck and killed King, who died steps from where her son had preached nonviolence. The deranged gunman said that Christians were his enemy and that although he had received divine instructions to kill King's father, who was in the congregation, he killed King's mother instead because she was closer. The shooting also left a church deacon dead. Chenault received a death penalty sentence that was later changed to life imprisonment, in part due to the King family's opposition to capital punishment.

10. George Washington is the only other American to have had his birthday observed as a national holiday.

In 1983 President Ronald Reagan signed a bill that created a federal holiday to honor King. The holiday, first commemorated in 1986, is celebrated on the third Monday in January, close to the civil rights leader's January 15 birthday.

Source: history.com



21 Chair Exercises for Seniors

No matter what age we are, exercising is very important, especially for those of us who may be over the age of 65. Whether we enjoy it or not, exercising on a regular basis continues to keep our body moving and functioning properly as we age. Without getting up and entertaining our muscles with movement, we reduce our chances to age healthfully.

If an older adult is having trouble with moving around on their own and finding it difficult to get even a little bit of exercise in the day, they shouldn't worry too much because there are still ways to exercise without even having to move from a chair!

Chair exercises are a great substitute for aging adults. There doesn't need to be a weight set, a trainer, and seniors don't even have to have a caregiver with them at all times. The only thing a senior needs is a chair; though, some of the following exercises may require a resistance band or dumbbells to perform accurately with results.

Please keep in mind, everyone has different levels of comfort when it comes to exercise. For safety, it's important to start slow and develop a health program that is tailored to your abilities.

Benefits of Performing Chair Exercises

Exercising on a regular basis (preferably at least 30 minutes per day) will not only keep an aging adult's heart healthy, but can also prevent strokes, heart attacks, falling, high blood pressure, and chronic diseases such as dementia.

Not everyone over the age of 65 is able to move agilely or even out of their seat, but this shouldn't mean that they can't exercise. So many regular exercises can be done while using a chair as a mobility device.

All of the above benefits can still be reached when a senior uses even a regular chair. They don't have to go out and get something brand new just so they can start moving around, a completely ordinary chair will do. This chair should be stable with four legs, no wheels or rollers, and for most exercises, without arms.

We've got a great list of exercises that seniors can do in the comfort of their own home with equipment that they can use by themselves.

Source: californiamobility.com



Arm Exercises

1. Seated Shoulder Press
2. Seated Front Shoulder Raises
3. Seated Chest Press
4. Modified Push-Ups
5. Seated Bicep Curls
6. Isolated Tricep Extensions

Core Exercises

7. Knee-to-Chest
8. Extended Leg Raises
9. Leg Kicks
10. Modified Planks
11. Tummy Twists

Leg Exercises

12. Sit-to-Stands
13. Modified Squats
14. Knee Extensions
15. Heel Slides
16. Seated Calf Raises

Stretching Exercises

17. Neck Turns
18. Seated Backbend
19. Seated Overhead Stretch
20. Seated Side Stretch
21. Seated Hip Stretch



If you would like to receive the Moccasin Trail Newsletter via email, please email Activity Coordinator at katie.boots@srmt-nsn.gov

The Newsletters are also available on the Saint Regis Mohawk Tribe's Facebook Page every month!



Satonhá:ren tsi Sahsiërite

Best Wishes on your Birthday and throughout the coming year!

| | | |
|----------------------|---------------------|-----------------------------|
| 4- M. Barry Thomas | 18- Cheryl Homes | 29- Leona Ann |
| Katsi Cook- | Robin Miller | Benedict |
| Barreiro | 19- Bessie Mitchell | 31- Marion Parker |
| 7- Elizabeth Russell | 21- Randall Cook | Hilda Herne |
| 10- Caroline Tarbell | Veronica Cook | Ernestine Oakes |
| 13- Richard A. Herne | 22- Rose Reid | Rosalie Jacobs |
| 15- Jake LaFrance | J. Nancy Arquette | Dean Martin |
| 16- Marlene | 23- Karen Adams | |
| McGregor | 27- Jimmy Cook | Bold are Saint Regis |
| 17- Jeffra Montroy | 28- Lucy White | Mohawk Senior Club |
| Keith Edwards | Janice Olszewski | Members |

JANUARY HOROSCOPES

Capricorn– Dec. 22– Jan. 19

Your birthday season is still ongoing, but you may make an early departure from celebration mode this month, hardworking Cap. You have Mercury in no small part to thank for this sudden change of pace: On January 6, it will move into your financial sector, simultaneously maximizing your potential to bring in cash while illuminating inventive new ways to save the money you already have. Don't worry about seeming businesslike or penny-pinching — this is a wonderful way to prepare for 2021's first Mercury retrograde, which will kick off on the 30th and potentially destabilize your previously prosperous financial situation.



Aquarius: Jan. 20– Feb. 18

Mercury moves into your sign on the 8th, setting your thoughts into rapid-fire motion for the new year. You'll be full of ideas and eager to share them with others, but you might not be able to illustrate your points clearly in your excitement to broadcast them to the public. For the next few weeks, your challenge will be to sort your thoughts before you act on them — and to know when to let a plan percolate a while longer before putting it into action. If you find yourself feeling anxious or stressed, look to the restorative new moon on the 13th. If you observe its energy, a much-needed period of mental quietude and tranquility will be your reward.





St. Regis Mohawk Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655

*Newsletters may also be received by e-mail

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

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If you are not the Addressee, please
 notify us of our mistake.
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:
www.srmt-nsn.gov/office_for_the_aging

**We're Here to
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**